



Physicians Caring for Texans

TexMed 2020 Saturday Agenda

Physical Medicine and Rehabilitation

Presented by the Texas Physical Medicine and Rehabilitation Society under the direction of Kim Barker, MD, Dallas

Saturday, May 2, 9 am-12:30 pm
Fort Worth Convention Center

3.00 *AMA PRA Category 1 Credits™* (requesting)

Objectives

Upon completion of this program attendees should be able to:

- (1) Identify when and how to utilize exercise as a treatment option for common patient diagnoses
- (2) Counsel patients on incorporating exercise as both preventative and treatment for common diagnoses
- (3) Understand teaching kitchens and how this can impact health and wellness for patients

Target Audience

Physicians, residents, and ancillary providers participating in physical medicine and rehabilitation.

Welcome and Introductions

9-10 am

Presentation 1

Working Out That Back Pain: Effects of Exercise and Physical Activity on Chronic Back Pain

Nasser Ayyad, DO

Frisco, TX

10-10:30 am

Presentation 2

Exercise in Diabetes

Renee Enriquez, MD

Dallas, TX

10:30-11 am

Break

11-11:30 am

Presentation 3

Move Over Breast Cancer: Exercise is Medicine

Kim Barker, MD

Dallas, TX

11:30-12:30 pm

Presentation 4

Teaching Kitchens: Best Practice for Integrative Lifestyle Transformation
Juan Cabrera, MD
Frisco, TX

12:30-1:30 pm

Saturday Lunch and Visit to Expo Hall

1:30-2:30 pm

Closing General Session